

index

A

- Acorn Squash, Micro-Roasted, 341–342
- Alcohol, organic, 24, 27, 240
- Almond(s)
 - Artichoke Heart Dip with, Baked, 57
 - Dates, Raw Almond–Stuffed, Wrapped in Organic Bacon, 185
 - measuring, 185
 - Orange-Bulgur Stack with Tomatoes, Herbs and, 209–210
- Almond Butter
 - in Mushroom Pâté, Wild, Cumin-Accented, 246–247 and Peach Toastie, 132–133
- American Humane Certified, 28
- Antibiotics, in meat production, 28
- Appetizers. *See* Dips; Hors d’Oeuvres; Salsa
- Apple(s)
 - Champagne Arugula Salad with Walnuts and Red Delicious Apples, 204
 - Gravy, Golden Delicious, Rosemary-Roasted Organic Turkey Breast with, 284
 - Pancakes, Granny Smith, with Cinnamon Butter, 273–274
 - Papaya Sauce, No-Cook, 187
 - peels, 274
 - in season, 361
 - Smoothie, Triple Fruit, 238
 - Sundae, Hot Fuji Apple, 243
 - Sweet-n-Sour Savoy Cabbage, Golden Delicious, 222
- Appliances. *See also* Microwave oven; Ovens; Refrigerator blender, 163, 323 dishwasher, 9, 35 Energy Star-qualified, 8, 9 panini grill, 42, 111 renewable energy source for, 9–10
 - slow cooker, 14, 324
 - small must-haves, 11, 13, 14
 - unplugging, 10, 98, 163
- Apricot(s)
 - Beet, Thinly Sliced, and Goat Cheese Salad with Fresh Apricot, 68
 - Goat Cheese Salad, Nut-Crusted with Apricot Vinaigrette and, 124
 - Jalapeño Chicken Thighs, Grilled Organic, 93–94
 - in season, 361
- Artichoke(s)
 - Heart Dip, Baked, with Almonds, 57
 - micro-steamed fresh, 58
 - Scallion, and Spinach Dip, Creamy, 194–195
 - in season, 361
- Artisanal cheeses, 178, 296
- Arugula
 - Baby, Orzo Salad, 69–70
 - Blood Orange and Maytag Blue Cheese Salad with Blood Orange Vinaigrette, 266
 - Champagne Salad with Red Delicious Apples and Walnuts, 204
 - Fig, and Country Ham Salad with Fig-Balsamic Vinaigrette, 130–131
 - Quinoa with Eggplant, Pine Nuts and, Cool, 144–145
 - Submarine Wrap with Vine-Ripened Tomato Salsa and, 234–235
 - Watermelon Salad with Feta Cheese and Pine Nuts, 125–126
- Asian(-Inspired)
 - Cabbage Slaw, 64
 - Chili-Lime Mayo, Panko-Crusted Crab Cakes with, 302–303
 - Mandarin Orange Salad, Leafy, 261
 - Peanut Vinaigrette, 107
 - Soba Noodle Soup, Spicy, 319–320
- Asparagus
 - in season, 361
 - Tip and Mushroom Omelet, with Shaved Parmesan, 79–80
- Autumn menus, 36
- Avocado(es)
 - in Bacon, Organic, Lettuce, and Tomato Sandwich, 160–161
 - Black Bean and Hass Avocado Salad, 63
 - in Grapefruit, Red, Shrimp Salad, Gingery, 71–72
 - growing, benefits of, 118, 154, 189, 318
- Guacamole
 - with Fall Fruits, 188
 - Studded with Fresh Strawberries, 118
 - Speedy, 253
 - Tomatillo, Layered Mexican Dip with, 317–318
- Honeydew Puree, Grilled Mahi Mahi on, 153–154
- peel-ups, 63, 91, 92, 161, 188, 197
- in Tomato Soup, “Cream” of, Raw, 196
- Tuna Tartare, Seared Ahi, and Florida Avocado with Fresh Lime, 91–92

B

- Baba Ghanoush (Eggplant Dip, Middle Eastern Skillet-Smoked), 192–193
- Bacon, Organic
 - Canadian, Kumquat, 287
 - Dates, Raw Almond–Stuffed, Wrapped in, 185
 - Lettuce, and Tomato Sandwich, 160–161
 - micro-roasting, 160
 - portion size, 160

- Balsamic
- Beets, Aged, Micro-Roasted, and Citrus Fruit with Mint, 83–84
 - Brussels Sprouts, Caramelized, with Shallots, 219–220
 - Fig Vinaigrette, Country Ham, Fig, and Arugula Salad with, 130–131
- Bamboo, 43
- Bars, Blueberry Crumble Bread, 171–172
- Basil
- Cherry Tomato, and Bocconcini Picks, 178–179
 - pesto, 335
 - Tomato Salsa, Fresh, Poached Egg-Topped Toasts with, 140–141
 - Tomato Simmering Sauce, Fresh, 311–312
 - varieties, 311
- Bean(s). *See also* Black Bean(s); Chickpea(s); Fava Beans; Green Bean(s)
- boiling, 85
 - canned, 29, 142, 314
 - Corn, and Bell Pepper Frittata, 142–143
 - dried, preparing, 63
 - with Fennel Salad, Italian, 200
 - liquid, using, 30
 - in Mexican Dip, Layered, with Tomatillo Guacamole, 317–318
 - in season, 361
 - and Turkey Chili, Spicy, Pressure-Cooked, 228–229
 - Veggie Chili, Eco-Brewed Beer and Two-Bean, 320–321
 - White Bean “Bed,” Cool-n-Creamy, 314
- Bean Sprouts, in Very Veggie Bowls with Asian Peanut Vinaigrette, 106–107
- Beef. *See also* Steak
- Burger Bites, Organic, 309–310
 - Burgers, Mini, Skillet-Seared Organic, with Radicchio, 183–184
 - Carpaccio with Parmesan and Spring Fruit Relish, 52–53
 - cooking temperature, 19
 - grass-fed organic, 113, 349
 - Meatballs, Organic, in Plum Tomato–Purple Plum Sauce, 112–113
 - portion size, 112
- Beer, Eco-Brewed, 16, 300
- organic, 27
 - Red Onion Rounds, -Battered, 299–300
 - and Veggie Chili, Two-Bean, 320–321
- Beet(s)
- Bibb Salad with Goat Cheese, Sunflower Seeds, and, 127–128
 - greens, 84
 - Micro-Roasted, Aged Balsamic, and Citrus Fruit with Mint, 83–84
 - in season, 361
 - Thinly Sliced, and Goat Cheese Salad with Fresh Apricot, 68
- Belgian Endive
- locally-grown, 91
 - and Pink Grapefruit Salad with Champagne Vinaigrette, 265
 - in season, 362
- Bell Pepper(s)
- colors, 163
 - Corn, and Bean Frittata, 142–143
 - in Gazpacho, Green Grape, 120
 - Grilled, Country Ham, and Mozzarella Hoagie, 308
 - leftovers, 303
 - Red Bell Pepper Strips, Hot, Stack of, 86–87
 - in season, 364
 - Soba Noodle Bowl, Sesame, with Cucumber and, 74–75
- Berries. *See also specific berries* in season, 361
- Beverages. *See also* Smoothies
- alcohol, organic, 24, 27
 - fruit cocktails, 351
 - fruit/vegetable strained liquids in, 141
 - Grapefruit Cocktail, Pink, in Grapefruit Cup, 289
 - Grape Gazpacho “Cocktail,” California, 162–163
 - leftover fruit in, 203
 - Lemonade, Real, 96–97
 - lemonade-vodka shots, mini, 97
 - Martini, Key Lime, with Graham Cracker Rim, 164–165
 - Martini, Mango, Fresh, 240
 - mint garnish, 96
 - Mojito, Navel Orange, 290
 - Peach Rum Punch, Tropical Puree of, 98
 - Rum Punch, Fresh Fruit and, 351
 - Tea, Iced Black, Mango-Infused, 239
- Bibb Salad with Beets, Goat Cheese, and Sunflower Seeds, 127–128
- Black Bean(s)
- and Avocado Salad, Hass, 63
 - Cherry Tomato, and Chard Salad with Spicy Lime Vinaigrette, 201–202
 - and Quinoa, Spicy, 133–134
- Blackberries, Spinach Salad with Navel Orange Segments and, 65–66
- Blenders, 163, 323
- Blood Orange, Arugula and Maytag Blue Cheese Salad with Blood Orange Vinaigrette, 267
- Blueberry
- Buckwheat Pancakes, -Peach, 76–77
 - Crumble Bread, 171–172
 - Sauce, Fresh, Pan-Seared Organic Poultry Breast Paillard with, 94–95
- Blue Cheese
- artisanal, 178, 296
 - Bosc Pear “Chips,” -Topped, 177–178
 - Maytag, Blood Orange and Arugula Salad with Blood Orange Vinaigrette, 267
 - in Mesclun Salad Pizzette with Peaches and Pecans, 136–137
 - and Pecan Napoleons, 296
- Bocconcini
- Cherry Tomato, and Basil Picks, 178–179
 - Tomato Cups Caprese, Vine-Ripened, 108
- Bovine growth hormone, recombinant, 26–27
- Bowls and cups, edible. *See also* “Peel-Ups”
- bread, 229
 - Cantaloupe Bowl, Fresh
 - Cantaloupe Soup in, 119
 - Cucumber Boats, Jalapeño Hummus in, 190–191
 - dips in, 59
 - lettuce, 127
 - Lettuce Bowls, Curried Organic Turkey Salad with Grapes in, 208
 - Lettuce Bowls, Very Veggie, with Asian Peanut Vinaigrette, 106–107

- Bowls and cups (*continued*)
 - melon and pineapple rinds, 119, 126
 - Pineapple Halves Filled with Tropical Dessert Fruit Salad, 103
 - radicchio leaves, 64
 - Tomato Cups, Caprese, Vine-Ripened, 108
 - Wonton Cups, Crisp, Mini Mexican-Style Soy Tacos in, 297–298
 - Bread. *See also* Bruschetta
 - Blueberry Crumble, 171–172
 - bowls, 229
 - day-old, 120
 - Muffins, Mini White Peach–Nut, 168–169
 - storing, 309
 - toasted, 79
 - Broccoli
 - Omelet, Big, 276–277
 - Salad, Layered, 263–264
 - in season, 361
 - Soup, Cream of, 61–62
 - in Soy Burgers, Vegetarian, 269–270
 - stems, using, 62
 - Broth, 231, 233, 319, 329
 - Brownies, Chocolate Fudge, with Star Fruit, 292–293
 - Bruschetta
 - Eggplant Entrée, Mediterranean Skillet-Roasted, 135–136
 - Egg Salad, Shallot-Spiked, 251
 - Poached Egg–Topped, with Fresh Tomato–Basil Salsa, 140–141
 - Brussels Sprouts, Caramelized Balsamic, with Shallots, 219–220
 - Buckwheat
 - Crepes with Triple Crème Cheese and Microgreens, 335–336
 - flour, 335
 - Pancakes, Blueberry–Peach, 76–77
 - Bulgur
 - Orange Stack with Tomatoes, Herbs, and Almonds, 209–210
 - Tabbouleh Salad with Meyer Lemon, 262
 - in Tabbouleh, Tuna, 206–207
 - Bulk purchasing, 24
 - Burger(s)
 - Bites, Organic, 309–310
 - cooking temperature, 184
 - leftovers in, 32
 - Mini, Skillet-Seared Organic, with Radicchio, 183–184
 - Soy, Vegetarian, 269–270
 - Butter, Cinnamon, Granny Smith Apple Pancakes with, 273–274
 - Butternut Squash Orzo with Fresh Sage, 280–281
 - Butternut squash seeds, 281
- ## C
- Cabbage
 - in season, 362
 - Slaw, Asian-Inspired, 64
 - Slaw, Shredded Tri-Color, 322
 - Sweet-n-Sour Savoy, Golden Delicious, 222
 - Caesar Dressing, Creamy Soy, Spinach Salad with, 323
 - Canadian Bacon, Organic, Kumquat, 287
 - Canned food, 29, 142, 143, 210, 314
 - Canning and preserving, 20
 - Cantaloupe Soup, Fresh, in Cantaloupe Bowl, 119
 - Capellini
 - Creamy Lemon, with Flat Leaf Parsley, 151–152
 - Rapini, Lemon-Zested, 275–276
 - Caprese Skewers (Cherry Tomato, Bocconcini, and Basil), 178–179
 - Caprese Tomato Cups, Vine-Ripened, 108
 - Caramelization, in microbaking, 18–19
 - Carbon offsets, 33
 - Carpaccio
 - Beef, with Parmesan and Spring Fruit Relish, 52–53
 - Beet Salad, and Goat Cheese, with Fresh Apricot, 68
 - Carrot
 - Salad with Black Seedless Raisins, 202–203
 - in season, 362
 - Casseroles, crunchy toppings for, 58
 - Cauliflower, 362
 - Celery, 362
 - Celery Root
 - Mashed, 279
 - raw, 279
 - in season, 362
 - Sticks, Mini, with Sesame Dressing, 218–219
 - Certified Naturally Grown label, 27
 - Chard
 - Cherry Tomato, and Black Bean Salad with Spicy Lime Vinaigrette, 201–202
 - in season, 362
 - Cheese. *See also specific cheeses*
 - artisanal, 178, 296
 - Buckwheat Crepes with Triple Crème Cheese and Microgreens, 335–336
 - Grilled Sourdough Sandwich, Heirloom Tomato and, 214–215
 - locally produced, 206
 - Macaroni and, Three-Cheese Whole-Wheat, with Zucchini, 150–151
 - organic, 29, 45
 - Quesadilla, Sweet Onion, with Strawberry–Serrano Salsa, 44–45
 - salad sprinkle, 205
 - Steak, Philly-Style, with Extra Onions, 349–350
 - Submarine Wrap with Arugula and Vine-Ripened Tomato Salsa, 234–235
 - Cheesecake
 - Fruit-Topped Creamy, Greenmarket, 356–357
 - Strawberry, –Inspired Smoothie, 99
 - Vanilla “Mousse,” Kiwi and, Layered, 291–292
 - Cherry
 - Chutney, Fresh Bing, 114–115
 - pitter, 114
 - Sauce, Rainier, Grilled Wild Alaskan Salmon with, 156–157
 - in season, 362
 - Cherry Tomato
 - Bocconcini, and Basil Picks, 178–179
 - Chard, and Black Bean Salad with Spicy Lime Vinaigrette, 201–202
 - Chicken
 - boneless, pounding, 17, 93
 - and Couscous Salad, Poached, with Chickpeas and Herbs, 328–329
 - Curry, Pressure-Cooker, 345–346

- free range, 305
 Grilled, and Feta Spiral Wraps, 304–305
 Grilled Thighs, Jalapeño-Apricot, 93–94
 lesser-used parts, 230
 Mango Salad on Ciabatta Bread, Curried Organic, 230–231
 nuggets, 347
 organic, 28, 286, 305, 348
 Paillard, Pan-Seared Organic, with Fresh Blueberry Sauce, 94–95
 Paillards, Breaded Organic, with Fresh Mango Relish, 158–159
 Salad Sandwich, Poached Organic, with Black Grapes, 285–286
 Skewers with Fruity Mustard Dipping Sauce, 347–348
 Star Fruit Stir-Fry, Organic, with Pine Nuts, 232–233
 stock, 346
 thin slices, 17
 “Chicken” Tofu Salad, Garlic-Ginger, with Veggie Confetti, 122–123
- Chickpea(s)
 Chicken, Poached, and Couscous Salad with Herbs and, 328–329
 Eggplant, Spinach, and Onion Curry, 212–213
 Hummus, Jalapeño, in Cucumber Boats, 190–191
 in Vegetable Stew, Winter, with Middle Eastern Spices, 255–256
- Chile(s)
 heat in, 313
 Jalapeño-Apricot Chicken Thighs, Grilled Organic, 93–94
 Jalapeño Hummus in Cucumber Boats, 190–191
 -Lime Corn on the Cob, 146–147
 in season, 364
 seeds, saving, 227
 Serrano Fingerling Hash Browns, 88
 Serrano-Strawberry Salsa, Sweet Onion Quesadilla with, 44–45
- Chili
 Bean and Turkey, Spicy, Pressure-Cooked, 228–229
 Veggie, Eco-Brewed Beer and Two-Bean, 320–321
- Chocolate
 Cocktail Strawberries, Semisweet Chocolate-Dipped, 100
 Fair Trade Certified, 353
 Fudge Brownies with Star Fruit, 292–293
 melted, leftover, 101
 organic, 27–28
 Sauce, Hot Fudgy, with Seasonal Fruit, 353–354
 Truffles, Dark Chocolate–Fresh Raspberry, 170
 White Chocolate–Marscarpone Dip, Sliced Nectarines with, 101–102
- Chocolate Chip Cookies, Naturally Nutritious, 358–359
 Chopsticks, reusable, 107
 Chowder, Clam, Leek and Yukon Gold, 257–258
 Chutney, Cherry, Fresh Bing, 114–115
- Ciabatta Bread, Chicken Mango Salad on, Curried Organic, 230–231
- Cilantro, chopping, 123
- Cinnamon Butter, Granny Smith Apple Pancakes with, 273–274
- Citrus Fruit. *See also specific fruit*
 and Beets, Aged Balsamic Micro-Roasted, with Mint, 83–84
 leftovers, 56, 320
 “peel-ups,” 289, 290
 zest, 56, 69, 97, 167, 191, 266, 267
- Clam(s)
 Chowder, Leek and Yukon Gold, 257–258
 cooking temperature, 19
 Cocoa, organic, 27–28
 Coconut Milk, 223
 Cod, Creole-Style Pacific, 343–344
- Colony Collapse Disorder, 205
- Community supported agriculture (CSA), 22, 190
- Compact fluorescent lightbulbs (CFLs), 8, 11
- Composting, 11, 35, 140, 181, 333
- Compote, Rhubarb-Strawberry, with Soy Frozen Dessert Topping, 167
- Containers
 edible. *See* Bowls and cups, edible; “Peel-Ups”
 microwave-safe, 20, 151
 plastic, 22–23, 25
 reusing, 60, 123, 210, 211, 331
 wax paper bags, 331
- Cookies
 Chocolate Chip, Naturally Nutritious, 358–359
 Oatmeal Fig Cookie Sandwiches, Thin-n-Crispy, 241–242
- Cooking liquid
 broth, 231, 233, 319, 329
 quality of, 278, 299
 reusing, 30, 231, 268, 275, 276
- Cooking temperature, 19, 184, 237
- Cooking time, 6–7, 20, 332
- Cookware, 12, 13, 38, 79, 168
- Cooling foods
 pasta, 19–20
 to room temperature, 75, 329
- Copper pots and pans, 12
- Corn
 Bean, and Bell Pepper Frittata, 142–143
 on the Cob, Chile-Lime, 146–147, 151
 in season, 362
 Cottage Cheese, in Veggie Dip, Shallot-Spiked, 59
- Country of Origin Labeling (COOL), 5
- Couscous
 and Chicken Salad, Poached, with Chickpeas and Herbs, 328–329
 Pilaf, Minted, with Pomegranate, 224–225
- Crab
 Cakes, Panko-Crusted, with Asian Chili-Lime Mayo, 302–303
 cooking temperature, 19
- Cranberry(ies)
 Mixed Green Salad with Pears, Walnuts, Maple Dressing, and, 259–260
 -Port Sauced Shell Steak, 236–237
 Relish, Raw, 186
 ripeness, 186
- Cream(y)
 Artichoke Dip, Scallion, Spinach, and, 194–195
 of Broccoli Soup, 61–62
 Caesar Dressing, Soy, Spinach Salad with, 323

Cream(y) (*continued*)
 Capellini, Lemon, with Flat Leaf Parsley, 151–152
 Fusilli Macaroni Salad, 324
 Spinach Gratin, Baby, 337–338
 Tomato Soup, Raw, “Cream” of, 197

Cream Cheese
 Cheesecake, Fruit-Topped, Greenmarket, 356–357
 Cheesecake-Inspired Smoothie, Strawberry, 99
 in hors d’oeuvres, 99
 in Layered Mexican Dip with Tomatillo Guacamole, 317–318
 –Sweet Potato Tortilla Roll-Up Bites, Spicy, 249–250

Creole-Style Pacific Cod, 343–344

Crepes, Buckwheat, with Triple Crème Cheese and Microgreens, 335–336

Crudités, with Veggie Dip, Shallot-Spiked, 59

Cucumber
 Boats, Jalapeño Hummus in, 190–191
 in Gazpacho, Green Grape, 120
 Salad, Spice-Rubbed Tilapia-Topped, 326–327
 in season, 362
 Soba Noodle Bowl, Sesame, with Bell Peppers and, 74–75
 in Very Veggie Bowls with Asian Peanut Vinaigrette, 106–107

Cups, edible. *See* Bowls and cups, edible

Curly Endive
 Egg Muffin with Smoked Gouda and, 78
 in season, 362

Curry(ied)
 Chicken, Pressure-Cooker, 345–346
 Chicken Mango Salad, Organic, on Ciabatta Bread, 230–231
 Eggplant, Spinach, Onion, and Chickpea, 212–213
 powder, 231
 Turkey Salad, Organic, with Grapes in Lettuce Bowls, 208

Cutting methods
 even-sized, 279
 skinny/thin cut, 17, 61, 88, 181, 219

D

Dairy products
 hormone-treated, 26–27
 organic, 27, 29
 portion size, 152

Dates
 Raw Almond–Stuffed, Wrapped in Organic Bacon, 185
 in season, 362

Deep-frying, 109

Demerara sugar, 29, 222, 342

Dipping Sauce
 Fruity Mustard, Chicken Skewers with, 347–348
 Mayo, Tangy, 315

Dips. *See also* Guacamole;
 Salsa
 Artichoke Heart, Baked, with Almonds, 57
 Artichoke, Scallion, and Spinach, Creamy, 194–195
 crunchy toppings for, 58
 in edible bowls, 59

Eggplant, Middle Eastern Skillet-Smoked (Baba Ghanoush), 192–193
 Garlicky Veggie Party, 316
 Hummus, Jalapeño, in Cucumber Boats, 190–191
 Layered Mexican with Tomatillo Guacamole, 317–318
 Tzatziki Sauce, Sugar Snap Pea, 60
 Veggie, Shallot-Spiked, 59
 warming, 57
 White Bean “Bed,” Cool-n-Creamy, 314
 White Chocolate–Mascarpone, Sliced Nectarines with, 101–102

Dishwasher, 9, 35

Doneness, green, 17, 52

Drinks. *See* Beverages

Duck
 Breast Paillard, Pan-Seared Organic, with Fresh Blueberry Sauce, 94–95
 and Kumquat Spring Lettuce Rolls with Spicy Hoisin Sauce, 50–51

E

Earth Day, 95
 Earth-style cuisine, 15, 89, 189, 199, 255, 367

Eco-brew, 16, 367
 Ecotarian, 17, 367
 Eco-wrap, 15, 367

Egg(s). *See also* Eggshells;
 Omelet(s)
 cooking temperature, 19
 Easter, decorating, 80
 fried, 78
 Frittata, Corn, Bean, and Bell Pepper, 142–143
 hard-cooked, 217, 251, 325
 in microwave, 251
 Muffin with Smoked Gouda and Curly Endive, 78
 organic, 26
 pan-scrambled, 81
 Poached, –Topped Toasts with Fresh Tomato-Basil Salsa, 140–141
 “Quiche,” Potato and Zucchini, Crustless Earth-Style, 46–47
 Salad Bruschetta, Shallot-Spiked, 251
 Scrambled Organic, with Spinach and Feta on Tomato Rounds, 81–82
 storing, 169, 338
 yolks, leftover, 30, 357

Eggplant
 Bruschetta Entrée, Mediterranean Skillet-Roasted, 135–136
 Dip, Middle Eastern Skillet-Smoked (Baba Ghanoush), 192–193
 Quinoa with Arugula, Pine Nuts and, Cool, 144–145
 in season, 362
 Spinach, Onion, and Chickpea Curry, 212–213

Eggshells
 color of, 277
 composting, 140
 uses for, 47

Electric stoves, 38

Endive. *See* Belgian Endive; Curly Endive

Energy-efficiency
 green power sources, 220
 kitchen checklist for, 8–11
 and low-carbon cooking, 4, 15–20

Energy Star-qualified appliances, 8, 9

Environmental Protection Agency (EPA), 9, 31

Equipment and tools. *See also* Appliances

cherry pitter, 114
cookware, 12, 13, 38, 79, 168
essential, 13–14
grill press, 304
knives, 188
mandoline, 88
microplane zester, 267
mortar and pestle, 124, 254
pressure cooker, 229
Expiration date, 22

F

Fair Trade Certified, 29, 353
Farmers' markets, 292
 food miles to, 22, 24, 113
 information sources on, 215, 256, 366
 seasonal/local foods at, 100, 291, 326
Fava Beans
 Fresh, with Lemon Vinaigrette, 85–86
 shelling, 129
 with Tuna Salad, Lemon-Zested, 128–129
Fennel
 Orange, and Pine Nut Salsa, 55–56
 Salad, Italian, with Beans, 200
 in season, 352
Feta
 in Flatbread Pizzette, Garlicky Spinach, 334
 Scrambled Eggs, Organic, with Spinach and, on Tomato Rounds, 81–82
 Spiral Wraps, and Grilled Chicken, 304–305
 Watermelon-Arugula Salad with Pine Nuts and, 125–126
Fig(s)
 Guacamole with Fall Fruits, 188
 Ham, Country, and Arugula Salad with Fig-Balsamic Vinaigrette, 130–131
 Oatmeal Fig Cookie Sandwiches, Thin-n-Crispy, 241–242
 in season, 362
Fingerling Potato
 Hash Browns, Serrano, 88
 Salad, Winter, 267–268
Fish. *See also* Salmon; Tuna
 Cod, Creole-Style Pacific, 343–344
 cooking temperature, 19

 frozen at sea, 327
 imitation crabmeat, 302
 Mahi Mahi, Grilled, on Honeydew-Avocado Puree, 153–154
 Sardines, Crisped Grecian, with Fresh Herbs, 300–301
 sustainable varieties, 23–24, 28, 92, 301, 344
 thin cutlets/fillets, 153
 Tilapia, Spice-Rubbed, -Topped Cucumber Salad, 326–327
Flatbread
 Mesclun Salad, with Grapes, Fontina, and Pine Nuts, 138–139
 Pizzette, Mesclun Salad, with Peaches and Pecans, 136–137
 Pizzette, Spinach, Garlicky, 334
Flaxseed Hummus and Veggie Sandwich, 330–331
Flexitarian, 17, 206
Flour, whole-grain, 335
Fluorescent lightbulbs, 8, 11
Foie gras, bans on, 247
Fontina, Mesclun Salad Flatbread with Grapes, Pine Nuts and, 138–139
Food coloring, 253
Food labels. *See* Labels
Food miles, 5, 21, 24, 264
Food waste, 30, 293
Freezer, temperature setting for, 9
French Fries, Spiced Skinny, 179–180
French Salad Dressing, White, Watercress Salad with, 67
Fries
 skinny, 181
 Spiced Skinny French Fries, 179–180
 Sweet Potato Skinny Fries with Rosemary, 181
Frittata, Corn, Bean, and Bell Pepper, 142–143
Fruit(s). *See also* "Peel-Ups"; *specific fruits*
 in batters, 273
 Citrus, and Beets, Aged Balsamic Micro-Roasted, with Mint, 83–84
 cocktails, 351
 Creamy Cheesecake, -Topped, Greenmarket, 356–357
 Dipping Sauce, Fruity Mustard, Chicken Skewers with, 347–348

 Fudgy Sauce, Hot, with Seasonal Fruit, 353–354
 Guacamole with Fall Fruits, 188
 juice, leftover, 30
 organic, 23, 25, 29
 peel on, 98
 and pesticide load, 223, 298
 raw, in sauces and soups, 187
 Relish, Spring, Beef Carpaccio with Parmesan and, 52–53
 and Rum Punch, Fresh, 351
 Salad, Tropical Dessert, Pineapple Halves Filled with, 103
 sauces, 252, 288
 seasonal and local, 17, 65, 102, 291, 361–365
 Smoothie, Triple, 238
 washing, 119
 Watercress Salad with Winter Fruits, 258–259
Fruit spread
 local, 77
 as sweetener, 265
Fudgy Sauce, Hot, with Seasonal Fruit, 353–354
Fusilli Macaroni Salad, Creamy, 324

G

Gardens, community, 329
Garlic(ky)
 -Ginger Tofu Salad with Veggie Confetti, 122–123
 Mashed Potatoes, Yukon Gold, in Potato Skins, 148–149
 in season, 362
 Spinach Flatbread Pizzette, 334
 Veggie Party Dip, 316
 Zucchini, Julienne of, 145–146
Garnishes, edible, 82, 96, 109
Gas stoves, 38
Gazpacho
 "Cocktail," California Grape, 162–163
 Green Grape, 120
Ginger(root)
 -Garlic Tofu Salad with Veggie Confetti, 122–123
 preparing, 56
 Red Grapefruit Shrimp Salad, Gingery, 71–72
 in season, 362
Goat Cheese
 and Beet Salad, Thinly Sliced, with Fresh Apricot, 68

Goat Cheese (*continued*)
 Bibb Salad with Beets,
 Sunflower Seeds and,
 127–128
 –Pistachio Stuffed Red Globe
 Grapes, 248
 Salad, Nut-Crusted, with
 Apricots and Apricot
 Vinaigrette, 124
 varieties of, 125
 Gouda, Smoked, Egg Muffin with
 Curly Endive and, 78
 Graham Cracker Rim, Key Lime
 Martini with, 164–165
 Grains, leftovers, 32
 Grains, whole. *See specific grains
 and grain products.*
 Grape(s)
 in Buckwheat Crepes with
 Triple Crème Cheese and
 Microgreens, 335–336
 Chicken Salad Sandwich,
 Poached Organic, with Black
 Grapes, 285–286
 in Fruit Relish, Spring, Beef
 Carpaccio with Parmesan
 and, 52–53
 in Fruit Salad, Tropical Dessert,
 Pineapple Halves Filled with,
 103
 Gazpacho “Cocktail,” California,
 162–163
 Gazpacho, Green Grape, 120
 Guacamole with Fall Fruits,
 188
 Mesclun Salad Flatbread with
 Fontina, Pine Nuts and,
 138–139
 Pistachio–Goat Cheese Stuffed
 Red Globe Grapes, 248
 in season, 362
 with Turkey Salad, Curried
 Organic, in Lettuce Bowls,
 208
 Grapefruit
 Pink, Cocktail, in Grapefruit
 Cup, 289
 Pink, and Endive Salad with
 Champagne Vinaigrette,
 265
 Pink, –Peanut Tofu Stir-Fry, Thai,
 271–272
 Red, Shrimp Salad, Gingery,
 71–72
 in season, 362
 Tuna Steaks, Pan-Seared
 Honey-n, with Tarragon,
 282–283

Grape Leaves, Quinoa-Stuffed,
 Lemony, 332–333
 Gratin, Creamy Baby Spinach,
 337–338
 Gravy, Golden Delicious
 Apple, Rosemary-Roasted
 Organic Turkey Breast
 with, 284
 Grecian Sardines, Crisped, with
 Fresh Herbs, 300–301
 Green Bean(s)
 Stir-Fry, Szechuan, 210–211
 with Tomatoes, Pressure-
 Cooked Lebanese,
 220–221
 Green cooking. *See also*
 Appliances; Equipment and
 tools; Ingredients
 balance in, 6
 cooking time in, 6–7, 20, 332
 earth-style, 89, 189, 199, 255
 energy-saving tips, 8–11
 features of, 3–4
 low-carbon methods, 4,
 15–20
 microwaving, 13, 16
 rules of, 4
 Green grilling, 15, 34, 42, 73, 367
 Greenhouse gas emissions
 from barbecue grills, 147
 Energy Star campaign, 9
 and food transport, 5, 21
 and natural gas, 137
 Greenover, 35, 367
 “Green Power Network,” 9
 Green sautéing, 15, 71, 367
 Green-sized, 18, 367
 Grill press, 304
 Grills
 emissions from, 147
 and energy waste, 117
 gas, 34
 green grill, 15, 34, 42, 73
 indoor electric, 147
 panini, 111
 Guacamole
 with Fall Fruits, 188
 Root Veggie “Guacamole,”
 189–190
 Studded with Fresh
 Strawberries, 118
 Speedy, 253
 Tomatillo, Layered Mexican Dip
 with, 317–318
 Guava
 –n-Lime-Glazed Farmed Shrimp
 Skewers, 182
 in season, 363

H

Ham, Country
 Fig, and Arugula Salad with
 Fig-Balsamic Vinaigrette,
 130–131
 Grilled Bell Pepper, and
 Mozzarella Hoagie, 308
 Hash Browns, Serrano Fingerling,
 88
 Heirloom
 breeds, animal, 310
 produce, 214
 Tomato and Cheese Sourdough
 Sandwich, Grilled, 214–215
 Herbs. *See also specific herbs*
 Chicken, Poached, and
 Couscous Salad with
 Chickpeas and, 328–329
 chopping/mincing, 193, 250
 dried, 86, 262
 growing, 11, 60, 145, 311
 Orange-Bulgur Stack with
 Tomatoes, Almonds and,
 209–210
 storing, 177, 263
 Hoagie, Country Ham, Grilled
 Bell Pepper, and Mozzarella,
 308
 Hoisin Sauce
 making, 51
 Spicy, Duck and Kumquat
 Spring Lettuce Rolls with,
 50–51
 Honey, 67
 –n-Grapefruit Pan-Seared
 Tuna Steaks with Tarragon,
 282–283
 as sweetener, 265
 Honeybees, 165, 205
 Honeydew-Avocado Puree, Grilled
 Mahi Mahi on, 153–154
 Hors d’Oeuvres. *See also Dips*;
 Salsa
 Beef Carpaccio with Parmesan
 and Spring Fruit Relish,
 52–53
 Bosc Pear “Chips,” Blue
 Cheese-Topped, 177–178
 Burger Bites, Organic, 309–310
 Burgers, Mini, Skillet-Seared
 Organic, with Radicchio,
 183–184
 Caprese Skewers (Cherry
 Tomato, Bocconcini, and
 Basil), 178–179
 Caprese Tomato Cups, Vine-
 Ripened, 108

Crab Cakes, Panko-Crusted, with Asian Chili-Lime Mayo, 302–303

Dates, Raw Almond–Stuffed, Wrapped in Organic Bacon, 185

Egg Salad Bruschetta, Shallot-Spiked, 251

Grapes, Red Globe, Pistachio–Goat Cheese Stuffed, 248

Hoagie, Country Ham, Grilled Bell Pepper, and Mozzarella, 308

Lettuce Spring Rolls, Duck and Kumquat, with Spicy Hoisin Sauce, 50–51

Meatballs, in Plum Tomato–Purple Plum Sauce, Organic, 112–113

Meatballs, Turkey Burger, Spinach-Stuffed, 48–49

Napoleons, Pecan and Blue Cheese, 296

Okra Rounds, Whole-Wheat Panko-Crusted Fried, 109–110

Pâté, Mushroom, Wild, Cumin-Accented, 246–247

Pâté, Turkey, Mini Roasted, 306–307

Pecans, Sugar-n-Spice, Raw, 176

Quesadilla, Sweet Onion, with Strawberry-Serrano Salsa, 44–45

“Quiche,” Potato and Zucchini, Crustless Earth-Style, 46–47

Red Onion Rounds, Eco-Beer-Battered, 299–300

Sardines, Crisped Grecian, with Fresh Herbs, 300–301

Shrimp Skewers, Guava-n-Lime-Glazed Farmed, 182

Soy Tacos in Crisp Wonton Cups, Mini Mexican-Style, 297–298

Spiral Wraps, Grilled Chicken and Feta, 304–305

Tortilla Roll-Up Bites, Sweet Potato–Cream Cheese, Spicy, 249–250

Turkey Salad, Tarragon, in Plum “Peel-Ups,” 110–111

vegetarian, 249

Zucchini, Stuffed Panini-Grilled Mini “Sandwich,” 42–43

Hummus

Flaxseed, and Veggie Sandwich, 330–331

Jalapeño, in Cucumber Boats, 190–191

veggie leftovers in, 31

Hyperbaking, 15, 241, 367

Hypercooking, 15

Hyperfrying, 180, 181, 347, 367

I

Ice Cream, Peanut Butter and Jelly, 354–355

“Ice Cream,” Soy, Valencia Orange, Fresh-Squeezed, 173

Information sources, 368–369

Ingredients

leftovers. *See* Leftovers

organic, 23, 25, 26–29

at room temperature, 19, 194

from salad bars, 139, 265

seasonal and local, 5, 16–17, 23, 27, 65, 100, 108, 190, 218, 259, 361–365

shopping tips, 21–25

skinny cut, 17, 61, 83, 88, 181

staples, 14

Italian Fennel Salad with Beans, 200

J

Jalapeño

–Apricot Chicken Thighs, Grilled Organic, 93–94

Hummus in Cucumber Boats, 190–191

K

Key Lime Martini with Graham Cracker Rim, 164–165

Kiwi

edible skin, 103

Fruit Salad, Tropical Dessert, Pineapple Halves Filled with, 103

Guacamole with Fall Fruits, 188

in season, 363

and Vanilla Cheesecake “Mousse,” Layered, 291–292

in Watercress Salad with Winter Fruits, 258–259

Knife skills, 199, 213

Knives, 188

Kumquat

Canadian Bacon, Organic, 287

and Duck Spring Lettuce Rolls with Spicy Hoisin Sauce, 50–51

eating, 287

in season, 363

L

Labels

American Humane Certified, 28

Certified Naturally Grown, 27

Country of Origin Labeling (COOL), 5

Fair Trade Certified, 29, 353

organic, 26, 27

Rainforest Alliance Certified, 29

Landfills, methane emissions from, 31

Lassi (Fresh Nectarine–Soy Yogurt Smoothie), 166

Lebanese Green Beans with Tomatoes, Pressure-Cooked, 220–221

Leek

in season, 363

and Yukon Gold Clam Chowder, 257–258

Leftovers

bell pepper, 303

broth, 233

chocolate, melted, 101

citrus fruit, 56, 320

cooking liquid, 30, 231, 268, 275, 276

egg yolks, 30, 357

olive juice, 53

preventing waste, 30

reheating, 31

safety guidelines, 31

salad, 32

steak, 32

storage containers for, 20, 151

tips and ideas, 30–32

vegetables, 31, 87

Lemon

Capellini Pasta, Creamy, with Flat Leaf Parsley, 151–152

Grape Leaves, Quinoa-Stuffed, Lemony, 332–333

Meyer, Tabbouleh Salad with, 262

peel-ups, 97, 125

Lemon (*continued*)
 -Pistachio Quinoa Pilaf, 278
 in season, 363
 Vinaigrette, Fresh Fava Beans
 with, 85–86
 zest, 69, 97, 191
 -Zested Rapini Capellini, 275–
 276
 -Zested Tuna Salad with Fava
 Beans, 128–129

Lemonade
 Natural, with Fresh Lemon
 Slices, 96–97
 -vodka shots, mini, 97

Lettuce
 Bacon, Organic, and Tomato
 Sandwich, 160–161
 Bowls, Curried Organic Turkey
 Salad with Grapes in, 208
 Bowls, Very Veggie, with
 Asian Peanut Vinaigrette,
 106–107
 as edible bowl, 127
 Spring Rolls, Duck and
 Kumquat, with Spicy Hoisin
 Sauce, 50–51

Lid cooking, 15–16, 193, 367

Lighting, compact fluorescent
 lightbulbs (CFLs), 8, 11

Lime
 Avocado, Florida, and Seared
 Ahi Tuna Tartare with Fresh
 Lime, 91–92
 -Chile Corn on the Cob, 146–147
 -Chili Mayo, Asian, Panko-
 Crusted Crab Cakes with,
 302–303
 -n-Guava-Glazed Farmed
 Shrimp Skewers, 182
 Key Lime Martini with Graham
 Cracker Rim, 164–165
 in season, 363
 Vinaigrette, Spicy, Cherry
 Tomato, Chard, and Black
 Bean Salad with, 201–202

Linguine, Whole-Wheat, with
 Fresh Tomato-Basil
 Simmering Sauce, 312

Locally-produced foods, 5, 23, 27,
 108, 259, 326

Low-carbon cooking methods, 4,
 15–20

Low-carbon menus, 36–37

Lychee(s)
 Salsa, Fresh, Scallops with,
 155–156
 in season, 363
 slicing and peeling, 156

M

Macaroni and Cheese, Three-
 Cheese Whole-Wheat, with
 Zucchini, 150–151

Mahi Mahi, Grilled, on
 Honeydew-Avocado Puree,
 153–154

Mandarin Orange Salad, Leafy
 Asian, 261

Mandoline, 88

Mango
 Black Tea, Iced, -Infused, 239
 Chicken Salad, Curried
 Organic, on Ciabatta Bread,
 230–231
 Martini, Fresh, 240
 Quinoa Pilaf, Nut-Studded
 Stewed, 223–224
 Relish, Fresh, 159
 ripeness, 164
 in season, 363
 Smoothie, Very Green,
 163–164

Maple Dressing, Mixed Green
 Salad with Pears, Walnuts,
 Cranberries and, 259–260

Maple syrup, 260

Marinades, reusing, 94

Marine Stewardship Council
 certification, 24

Martini
 Key Lime, with Graham Cracker
 Rim, 164–165
 Mango, Fresh, 240

Mascarpone–White Chocolate
 Dip, Sliced Nectarines with,
 101–102

Mayonnaise
 Avocado, in Organic Bacon,
 Lettuce, and Tomato
 Sandwich, 160–161
 Chili-Lime, Asian, Panko-
 Crusted Crab Cakes with,
 302–303
 Dipping and Sandwich Sauce,
 Tangy, 315

Meat
 antibiotics in, 28
 cooking temperature for, 19,
 237
 doneness, 17, 52
 from grass-fed animals, 28
 from heirloom breeds, 310
 from humanely raised and
 treated animals, 28
 organic, 23, 26, 28, 29
 portion size, 18, 73
 reducing amount, 48, 308
 as side dish, 345
 Submarine Wrap with Arugula
 and Vine-Ripened Tomato
 Salsa, 234–235

Meatballs
 in Plum Tomato–Purple Plum
 Sauce, Organic, 112–113
 Turkey Burger, Spinach-Stuffed,
 48–49

Meatloaves, Turkey (Pâté), Mini
 Roasted, 306–307

Mediterranean Eggplant
 Bruschetta Entrée, Skillet-
 Roasted, 135–136

Melons
 Cantaloupe Soup, Fresh, in
 Cantaloupe Bowl, 119
 Honeydew-Avocado Puree,
 Grilled Mahi Mahi on,
 153–154
 rind bowls, 126
 in season, 363
 Watermelon-Arugula Salad with
 Feta Cheese and Pine Nuts,
 125–126

Menus, low-carbon, 36–37

Mesclun Salad
 and Bartlett Pear, with Sugar-n-
 Spice Pecans, 205–206
 Flatbread with Grapes, Fontina,
 and Pine Nuts, 138–139
 Pizzette with Peaches and
 Pecans, 136–137

Methane emissions, 31

Mexican(-Style)
 Layered Dip with Tomatillo
 Guacamole, 317–318
 Soy Tacos, Mini, in Crisp
 Wonton Cups, 297–298

Micro-bake, 16, 18, 367

Micro-baked dessert bars,
 171–172

Microgreens
 Buckwheat Crepes with Triple
 Crème Cheese and, 335–336
 in season, 363

Microplane zester, 267

Micro-roast(ed), 16, 367

acorn squash, 341–342
 apples, 243
 bacon, 160
 beets, 68–69, 83
 cod, 343–344
 dip, 57
 onions, 44
 potatoes, 68, 89–90, 148, 189,
 216

quiche, 47
 sweet potatoes, 68, 183, 189, 249

Micro-steam(ed), 16, 367
 artichokes, 58
 spinach, 194, 212, 337

Micro-stew, 16, 367

Micro-stewed vegetables, 255–256

Microwave oven
 and caramelization, 18–19
 cooking time, 39
 cookware for, 20, 151, 337
 energy efficiency of, 13, 16
 parchment/wax paper coverings
 in, 46, 343
 reheating in, 31
 safety of, 16

Middle Eastern
 Eggplant Dip, Skillet-Smoked, 192–193
 Spices, Winter Vegetable Stew with, 255–256

Mint(ed)
 Beets, Aged Balsamic Micro-Roasted, and Citrus Fruit with, 83–84
 as garnish, 96, 102
 growing, 145
 Pilaf with Pomegranate Seeds, 224–225

Mojito
 Navel Orange, 290
 Peach Rum Punch, Tropical Puree of, 98

Mortar and pestle, 124, 254

Mozzarella
 Bocconcini, Cherry Tomato, and Basil Picks, 178–179
 Caprese Tomato Cups, Vine-Ripened, 108
 Country Ham, and Grilled Bell Pepper Hoagie, 308

Mushroom(s)
 Omelet, and Asparagus Tip, with Shaved Parmesan, 79–80
 -Onion Soup, Sauvignon Blanc, in Minutes, 197–198
 Pâté, Wild, Cumin-Accented, 246–247
 in season, 363
 in Soy Burgers, Vegetarian, 269–270

Mustard Dipping Sauce, Fruity, Chicken Skewers with, 347–348

N

Napoleons, Pecan and Blue Cheese, 296

Natural gas consumption, 137

Nectarine(s)
 in season, 363
 Sliced, with White Chocolate–Marscapone Dip, 101–102
 -Soy Yogurt Smoothie, Fresh, 166
 in Tropical Dessert Fruit Salad, Pineapple Halves Filled with, 103

New York Strip Steak, Organic, on Fresh Spinach–Red Onion Bed, 72–73

Noodle(s). *See* Soba Noodle(s)

Nut(s). *See also specific nuts*
 Goat Cheese Salad, -Crusted, with Apricots and Apricot Vinaigrette, 124
 measuring, 177, 185
 -Peach Muffins, Mini White, 168–169
 Pesto, Fresh Parsley–Triple Nut, 254
 in salads, 261

Nut Butter
 Almond, and Peach Toastie, 132–133
 Almond, in Wild Mushroom Pâté, Cumin-Accented, 246–247
 freshly ground, 270
 Peanut Butter and Jelly Ice Cream, 354–355
 Peanut Vinaigrette, Asian, 107
 in Soy Burgers, Vegetarian, 269–270

O

Oatmeal Fig Cookie Sandwiches, Thin-n-Crispy, 241–242

Oil
 cooking spray, 293
 olive, 179, 285
 organic, 27
 reusing, 181
 vegetable, 180

Okra
 Rounds, Whole-Wheat Panko-Crusted Fried, 109–110
 in season, 364

Olive juice, leftover, 53

Olive oil, 179, 285

Olives, in Fruit Relish, Spring, Beef Carpaccio with Parmesan and, 52–53

Omelet(s)
 Asparagus Tip and Mushroom, with Shaved Parmesan, 79–80
 Broccoli, Big, 276–277
 leftovers in, 31
 Potato and Onion, Argentine-Accented, 216–217

Onion(s). *See also* Red Onion
 Eggplant, Spinach, and Chickpea Curry, 212–213
 -Mushroom Soup, Sauvignon Blanc, in Minutes, 197–198
 peeled and chopped, freezing, 111
 Philly-Style Cheese Steak with Extra Onions, 349–350
 and Potato Omelet, Argentine-Accented, 216–217
 Quesadilla, Sweet Onion, with Strawberry-Serrano Salsa, 44–45
 in season, 364

Orange(s)
 Blood Orange, Arugula and Maytag Blue Cheese Salad with Blood Orange Vinaigrette, 267
 -Bulgur Stack with Tomatoes, Herbs, and Almonds, 209–210
 in Cranberry Relish, Raw, 186
 Fennel, and Pine Nut Salsa, 55–56
 in Fruit Relish, Spring, Beef Carpaccio with Parmesan and, 52–53
 Mandarin Orange Salad, Leafy Asian, 261
 Mojito, Navel Orange, 290
 “peel-ups,” 173
 in season, 364
 Soy “Ice Cream,” Fresh-Squeezed Valencia, 173
 Spinach Salad with Blackberries and Navel Orange Segments, 65–66

Organic foods, 23, 25, 26–29

Organic label, 26, 27

Orzo
 Arugula Salad, Baby, 69–70
 Butternut Squash, with Fresh Sage, 280–281
 cooking, 70

Ovens. *See also* Microwave oven
energy waste, 359
heat conservation, 15, 18, 135
hyperbaking, 15, 241
toaster oven, 13, 39, 49, 159

P

Packaging materials, 22–23, 24
Pancakes

Buckwheat Blueberry-Peach,
76–77

Granny Smith Apple, with
Cinnamon Butter, 273–274

Panini

grill, 42, 111

Heirloom Tomato and Cheese
Sourdough Sandwich,
Grilled, 214–215

Zucchini Mini “Sandwich,”
Stuffed, -Grilled, 42–43

Panko

Chicken Paillards, Organic,
-Breaded, with Fresh Mango
Relish, 158–159

Crab Cakes, -Crusted, with
Asian Chili-Lime Mayo,
302–303

Okra Rounds, Fried, Whole-
Wheat, -Crusted, 109–110

Pans, green, 12

Papaya

in Fruit Salad, Tropical Dessert,
Pineapple Halves Filled with,
103

“peel-ups,” 103, 116

-Red Onion Salsa, 116

Sauce

-Apple, No-Cook, 187

with Salmon, Pan-Seared
Alaskan Wild, 226–227

Tropical, 252

Tropical, Organic Pork Loin
with, Hawaiian, 288

in season, 364

Papaya seeds, 103, 116

Paper products

biodegradable picnic accesso-
ries, 322

parchment paper, 25, 46, 343
recycled, 24–25, 109

towels, 109

unbleached, 25, 170

wax paper, 25, 331, 343

Parchment paper, 25, 46, 343

Parmesan

American cheeses, 195

Beef Carpaccio with Spring
Fruit Relish and, 52–53

Shaved, with Asparagus Tip and
Mushroom Omelet, 79–80

Parsley

Flat Leaf, Creamy Lemon
Capellini Pasta with,

151–152

Pesto, Fresh, -Triple Nut, 254

Wild Rice with Fresh Parsley,
339

Parsnip, 364

Parties, green-themed, 33–35

Passion Fruit

in season, 364

in Smoothie, Triple Fruit, 238

Pasta. *See also* Couscous and
Soba Noodle(s)

Capellini, Creamy Lemon, with
Flat Leaf Parsley, 151–152

Capellini, Rapini, Lemon-Zested,
275–276

cooling, 19–20

lid cooking, 16

Linguine, Whole-Wheat,

with Fresh Tomato-Basil
Simmering Sauce, 312

Macaroni and Cheese, Three-
Cheese Whole-Wheat, with
Zucchini, 150–151

Orzo, Butternut Squash, with
Fresh Sage, 280–281

Salad

Fusilli Macaroni, Creamy, 324

Orzo, Baby Arugula, 69–70
with Veggies, Seasonal,

and Red Wine Vinaigrette,
325–326

whole-grain, 225

Pâté

Mushroom, Wild, Cumin-

Accented, 246–247

Turkey, Mini Roasted, 306–307

Pea(s)

mushy, 253

in season, 364

Snow Peas, in Very Veggie

Bowls, with Asian Peanut
Vinaigrette, 106–107

Sugar Snap Pea Tzatziki Sauce,
60

Peach(es)

and Almond Butter Toastie,
132–133

-Blueberry Buckwheat

Pancakes, 76–77

Mesclun Salad Pizzette with
Pecans and, 136–137

-Nut Muffins, Mini White,
168–169

Rum Punch, Tropical Puree of,
98

Salsa, Summer Fresh, 117
in season, 364

skin on, 117

Peanut

-Pink Grapefruit Tofu Stir-Fry,
Thai, 271–272

Soba Noodles, Cool Thai, 340

Peanut Butter

and Jelly Ice Cream, 354–355
natural/organic, 355

Vinaigrette, Asian, 107

Pear(s)

Bartlett, and Mesclun Salad
with Sugar-n-Spice Pecans,
205–206

Bosc, “Chips,” Blue Cheese-
Topped, 177–178

Mixed Green Salad with

Walnuts, Cranberries, Maple
Dressing and, 259–260

in season, 364

in Watercress Salad with Winter
Fruits, 258–259

Pecan(s)

and Blue Cheese Napoleons,
296

Mesclun Salad Pizzette with
Peaches and, 136–137

Sugar-n-Spice, Bartlett Pear
and Mesclun Salad with,
205–206

Sugar-n-Spice, Raw, 176

“Peel-Ups,” 367

avocado, 63, 91, 92, 161, 188, 197
citrus, 289, 290

Grapefruit Cup, Pink Grapefruit
Cocktail in, 289

lemon, 97, 125

orange, 173

papaya, 103, 116

Plum, Tarragon Turkey Salad in,
110–111

Pepper(s), Bell. *See* Bell
Pepper(s)

Pepper(s), Chile(s). *See* Chiles
Perfluorooctanoic acid (PFOA), 12
Pesticide load, on produce, 223,
298

Pesto

basil, 335

Fresh Parsley-Triple Nut, 254

Philly-Style Cheese Steak with
Extra Onions, 349–350

Picnic plates, biodegradable, 322

Pilaf
 Minted, with Pomegranate Seeds, 224–225
 Quinoa, Lemon-Pistachio, 278
 Quinoa, Mango, Nut-Studded Stewed, 223–224

Pineapple
 Halves Filled with Tropical Dessert Fruit Salad, 103
 in season, 365

Pine Nut(s)
 American, 136
 in Eggplant Bruschetta Entrée, Mediterranean Skillet-Roasted, 135–136
 Fennel, and Orange Salsa, 55–56
 Mesclun Salad Flatbread with Grapes, Fontina and, 138–139
 Quinoa with Eggplant, Arugula and, Cool, 144–145
 Star Fruit Organic Chicken Stir-Fry with, 232–233
 Watermelon-Arugula Salad with Feta Cheese and, 125–126

Pistachio
 –Goat Cheese Stuffed Red Globe Grapes, 248
 –Lemon Quinoa Pilaf, 278

Pizzette
 Flatbread, Spinach, Garlicky, 334
 Mesclun Salad, with Peaches and Pecans, 136–137

Plastic
 produce bags, 130, 290
 recyclable, 22–23
 shopping bags, 21–22
 wraps, 25

Plum(s)
 “Peel-Ups,” Tarragon Turkey Salad in, 110–111
 Purple Plum–Plum Tomato Sauce, Organic Meatballs in, 112–113
 in season, 365
 Plum Tomato–Purple Plum Sauce, Organic Meatballs in, 112–113

Pomegranate
 Minted Pilaf with, 224–225
 in season, 365

Poppy seeds, 286

Pork. *See also* Bacon, Organic; Ham, Country
 cooking temperature, 19
 Loin, Organic, with Tropical Papaya Sauce, Hawaiian, 288

Portion size, 18, 73, 112, 152, 160

Potato(es)
 boiling, 267
 Clam Chowder, Leek and Yukon Gold, 257–258
 French Fries, Spiced Skinny, 179–180
 “Guacamole,” Root Veggie, 189–190
 Hash Browns, Fingerling, Serrano, 88
 Mashed Yukon Gold, Garlic, in Potato Skins, 148–149
 mashing, 148
 micro-roasted, 68, 89–90, 148, 189, 216
 and Onion Omelet, Argentine-Accented, 216–217
 peel/skin on, 89, 189
 potassium content of, 90
 “Quiche,” and Zucchini, Crustless Earth-Style, 46–47
 Salad, Fingerling, Winter, 267–268
 in season, 365
 slicing, 88
 Smashed, Russet, à la Microwave, 89–90
 varieties of, 149
 in Watercress Soup, Chilled, 121–122

Poultry. *See also* Chicken; Duck; Turkey
 cooking temperature for, 19
 from humanely raised and treated animals, 28
 organic, 26, 28
 as side dish, 345

Pressure-Cooker
 Bean and Turkey Chili, Spicy, 228–229
 Chicken Curry, 345–346

Processed foods
 organic, 29
 tomato products, 307

Prosciutto, American-style, 131

Pumpkin, 365

Punch
 Peach Rum, Tropical Puree of, 98
 Rum, and Fresh Fruit, 351
 Puréeing, 54, 121

Q

Quesadilla, Sweet Onion, with Strawberry-Serrano Salsa, 44–45

“Quiche,” Potato and Zucchini, Crustless Earth-Style, 46–47

Quinoa
 and Black Beans, Spicy, 133–134
 with Eggplant, Arugula, and Pine Nuts, Cool, 144–145
 Grape Leaves, -Stuffed, Lemony, 332–333
 Pilaf, Lemon-Pistachio, 278
 Pilaf, Mango, Nut-Studded Stewed, 223–224
 protein content of, 224

R

Radicchio
 with Burgers, Skillet-Seared Organic Mini, 183–184
 in season, 365

Radish, 365

Rainforest Alliance certified, 29

Raisins, Black Seedless, Carrot Salad with, 202–203

Rapini
 Capellini, Lemon-Zested, 275–276
 in season, 365

Raspberry(ies)
 in Dipping Sauce, Fruity Mustard, Chicken Skewers with, 347–348
 Fresh, –Dark Chocolate Truffles, 170

Recycled products, 24–25

Recycling, 11, 35, 123, 134, 221, 314, 321, 333

Red Bell Pepper Strips, Hot, Stack of, 86–87

Red Onion
 –Papaya Salsa, 116
 Rounds, Eco-Beer-Battered, 299–300
 –Spinach Bed, Organic New York Strip Steak on, 72–73

Red Wine Vinaigrette, Pasta Salad with Seasonal Veggies and, 325–326

Refrigerator
 closing doors, 18
 energy efficiency of, 8–9, 339
 temperature setting for, 9

Reheating leftovers, 31

Relish
 Cranberry, Raw, 186
 Fruit, Spring, Beef Carpaccio with Parmesan and, 52–53
 Mango, Fresh, 159

- Residual heat, cooking with, 15, 367
- Rhubarb
in season, 365
-Strawberry Compote with Soy Frozen Dessert Topping, 167
- Rice
leftovers, 32
Wild, with Fresh Parsley, 339
- Rice Frozen Dessert, in
Strawberry Smoothie, Fresh Dairy-Free, 352
- Room temperature
cooling foods to, 75, 329
ingredients at, 19, 194
- Root Veggie “Guacamole,” 189–190
- Rosemary
Sweet Potato Skinny Fries with, 181
Turkey Breast, -Roasted Organic, with Golden Delicious Apple Gravy, 284
- Rum
artisanal, 351
Mojito, Navel Orange, 290
Peach Punch, Tropical Puree of, 98
Punch, and Fresh Fruit, 351
- S**
- Sage, Fresh, Butternut Squash Orzo with, 280–281
- Salad bars, veggie shopping at, 139, 265
- Salad Dressing. *See also* Vinaigrette
Caesar, Creamy Soy, Spinach Salad with, 323
French, White, Watercress Salad with, 67
leftover, 159
Maple, Mixed Green Salad with Pears, Walnuts, Cranberries, and, 259–260
Sesame, Mini Celery Root Sticks with, 218
- Salads. *See also* Slaw
Arugula, Champagne, with Red Delicious Apples and Walnuts, 204
Avocado, Hass, and Black Bean, 63
Bartlett Pear and Mesclun, with Sugar-n-Spice Pecans, 205–206
Bibb, with Beets, Goat Cheese, and Sunflower Seeds, 127–128
Black Bean, Cherry Tomato, Chard and, with Spicy Lime Vinaigrette, 201–202
Blood Orange, Arugula and Maytag Blue Cheese, with Blood Orange Vinaigrette, 267
Broccoli, Layered, 263–264
Carrot, with Black Seedless Raisins, 202–203
Chicken Mango, Curried Organic, on Ciabatta Bread, 230–231
Chicken, Poached, and Couscous, with Chickpeas and Herbs, 328–329
Chicken, Sandwich, Poached Organic, with Black Grapes, 285–286
Cucumber, Spice-Rubbed Tilapia-Topped, 326–327
Egg Salad Bruschetta, Shallot-Spiked, 251
Fennel, with Beans, Italian, 200
Fig, Country Ham, and Arugula, with Fig-Balsamic Vinaigrette, 130–131
Fingerling Potato, Winter, 267–268
Fruit, Tropical Dessert, Pineapple Halves Filled with, 103
Goat Cheese, Nut-Crusted, with Apricots and Apricot Vinaigrette, 124
Grapefruit, Pink, and Endive with Champagne Vinaigrette, 265
Grapefruit, Red, Shrimp, Gingery, 71–72
Green, Mixed, with Pears, Walnuts, Cranberries, and Maple Dressing, 259–260
Leafy Asian Mandarin Orange, 261
leftover, 32
Mesclun, Flatbread with Grapes, Fontina, and Pine Nuts, 138–139
Mesclun, Pizzette with Peaches and Pecans, 136–137
New York Strip Steak, Organic, on Fresh Spinach–Red Onion Bed, 72–73
nuts in, 261
one-bowl use, 64, 67, 204, 259
- Pasta
Fusilli Macaroni, Creamy, 324
Orzo, Baby Arugula, 69–70 with Veggies, Seasonal, and Red Wine Vinaigrette, 325–326
Spinach, with Blackberries and Navel Orange Segments, 65–66
Spinach, with Caesar Dressing, Creamy Soy, 323
Tabbouleh, with Meyer Lemon, 262
Tabbouleh, Tangy Tuna, 206–207
Tofu, Garlic-Ginger, with Veggie Confetti, 122–123
Tuna, with Fava Beans, Lemon-Zested, 128–129
Turkey, Curried Organic, with Grapes in Lettuce Bowls, 208
Turkey, Tarragon, in Plum “Peel-Ups,” 110–111
vegetarian, 206
Watercress, with French Salad Dressing, White, 67
Watercress, with Winter Fruits, 258–259
Watermelon-Arugula, with Feta Cheese and Pine Nuts, 125–126
- Salmon
Grilled Wild Alaskan, with Rainier Cherry Sauce, 156–157
Pan-Seared Alaskan Wild, with Papaya Sauce, 226–227
sustainability of, 157
- Salsa
Fennel, Orange, and Pine Nut, 55–56
Lychee, Fresh, Scallops with, 155–156
Papaya–Red Onion, 116
Peach, Summer Fresh, 117
Strawberry-Serrano, Sweet Onion Quesadilla with, 44–45
Tomatillo, Raw, 54
Tomato-Basil, Fresh, Poached Egg-Topped Toasts with, 140–141
Tomato, “Hot” Italian Vine-Ripened, 235

- Salt, sea, 55
- Sandwiches
 - Almond Butter and Peach Toastie, 132–133
 - Bacon, Organic, Lettuce, and Tomato, 160–161
 - Chicken Mango Salad, Curried Organic, on Ciabatta Bread, 230–231
 - Chicken Salad, Poached Organic, with Black Grapes, 285–286
 - Hoagie, Country Ham, Grilled Bell Pepper, and Mozzarella, 308
 - Hummus, Flaxseed, and Veggie, 330–331
 - Mesclun Salad Flatbread with Grapes, Fontina, and Pine Nuts, 138–139
 - Philly-Style Cheese Steak with Extra Onions, 349–350
 - Submarine Wrap with Arugula and Vine-Ripened Tomato Salsa, 234–235
 - Tomato, Heirloom, and Cheese Sourdough, Grilled, 214–215
 - Zucchini Mini “Sandwich,” Stuffed Panini-Grilled, 42–43
- Sandwich Sauce, Mayo, Tangy, 315
- Sardines, Crisped Grecian, with Fresh Herbs, 300–301
- Saucepans, 38
- Sauces. *See also* Salsa
- Blueberry, Fresh, Pan-Seared Organic Poultry Breast Paillard with, 94–95
- Cherry, Rainier, Grilled Wild Alaskan Salmon with, 156–157
- Chili Soy, Tangy, 313
- Cranberry-Port Sauced Shell Steak, 236–237
- Dipping, Fruity Mustard, Chicken Skewers with, 347–348
- Dipping, Mayo, Tangy, 315
- fruit, 252, 288
- Fudgy, Hot, with Seasonal Fruit, 353–354
- Hoisin, Spicy, Duck and Kumquat Spring Lettuce Rolls with, 50–51
- Papaya
 - Apple, No-Cook, 187
 - with Salmon, Pan-Seared Alaskan Wild, 226–227
 - Tropical, 252
 - Tropical, Organic Pork Loin with, Hawaiian, 288
 - pesto, basil, 335
 - Pesto, Fresh Parsley–Triple Nut, 254
- Tomato
 - Basil Simmering, Fresh, 311–312
 - Plum, -Purple Plum, Organic Meatballs in, 112–113
 - slow cooker, 324
 - Tzatziki, Sugar Snap Pea, 60
- Tsautéing, green, 15, 71
- Sauvignon Blanc Mushroom-Onion Soup in Minutes, 197–198
- Savoy Cabbage, Golden Delicious Sweet-n-Sour, 222
- Scallion(s)
 - green and white parts, 150
 - Spinach, and Artichoke Dip, Creamy, 194–195
- Scallops
 - bay, 155
 - cooking temperature, 19
 - fisheries, 156
 - with Fresh Lychee Salsa, 155–156
- Seafood. *See* Fish; Shellfish
- Sea salt, 55
- Seasonal produce, 16–17, 65, 100, 190, 218, 291, 326
 - guide to, 361–365
- Seltzer water, making, 289
- Serrano
 - Fingerling Hash Browns, 88
 - Strawberry Salsa, Sweet Onion Quesadilla with, 44–45
- Sesame
 - Dressing, Mini Celery Root Sticks with, 218
 - Soba Noodle Bowl with Bell Peppers and Cucumber, 74–75
- Shallot(s)
 - with Brussels Sprouts, Caramelized Balsamic, 219–220
 - in season, 365
 - Veggie Dip, -Spiked, 59
- Shellfish. *See also* Scallops; Shrimp
 - Clam Chowder, Leek and Yukon Gold, 257–258
 - cooking temperature, 19
 - Crab Cakes, Panko-Crusted, with Asian Chili-Lime Mayo, 302–303
 - Shell Steak, Organic, Cranberry-Port Sauced, 236–237
- Shopping bags, 21–22
- Shopping list, 21, 22, 30
- Shopping tips, 21–25
- Shrimp
 - cooking temperature, 19
 - farmed, U.S., 72, 183
 - Salad, Red Grapefruit, Gingery, 71–72
 - Skewers, Guava-n-Lime-Glazed Farmed, 182
- Side dishes, *as entrées*, 17
- Silicone baking cups/pans, 168
- Skewers
 - Cherry Tomato, Bocconcini, and Basil Picks, 178–179
 - Chicken, with Fruity Mustard Dipping Sauce, 347
 - grilling time, 182
 - Shrimp, Guava-n-Lime-Glazed Farmed, 182
- Skillets, 12, 13, 79
- Skinny cut, 17, 61, 88, 181, 219
- Slaw
 - Cabbage, Asian-Inspired, 64
 - Cabbage, Shredded Tri-Color, 322
- Slow cooker, 324
- Smoothies
 - Fruit, Triple, 238
 - Mango, Very Green, 163–164
 - Nectarine–Soy Yogurt, 166
 - Strawberry Cheesecake-Inspired, 99
 - Strawberry, Fresh Dairy-Free, 352
- Snow Peas, in Very Veggie Bowls with Asian Peanut Vinaigrette, 106–107
- Soba Noodle(s)
 - Peanut, Cool Thai, 340
 - Sesame, Bowl with Bell Peppers and Cucumber, 74–75
 - Soup, Spicy Asian, 319–320
- Soups
 - Broccoli, Cream of, 61–62
 - canned, 122
 - Cantaloupe, Fresh, in Cantaloupe Bowl, 119
 - Clam Chowder, Leek and Yukon Gold, 257–258
 - creamy, 196
 - Gazpacho, Green Grape, 120
 - Mushroom-Onion, Sauvignon Blanc, in Minutes, 197–198

- Soups (*continued*)
 Soba Noodle, Spicy Asian, 319–320
 Sweet Potato, Earth-Style Pureed, 199
 Tomato, “Cream” of, Raw, 196
 vegetarian, 257
 Watercress, Chilled, 121–122
- Sour Cream
 in Layered Mexican Dip with Tomatillo Guacamole, 317–318
 in Veggie Party Dip, Garlicky, 316
- Soy. *See also* Tofu
 burger crumbles, 297
 Burgers, Vegetarian, 269–270
 Chili Sauce, Tangy, 313
 “Ice Cream,” Valencia Orange, Fresh-Squeezed, 173
 Tacos in Crisp Wonton Cups, Mini Mexican-Style, 297–298
 Yogurt–Nectarine Smoothie, Fresh, 166
- Soy Frozen Dessert
 in Strawberry Smoothie, Fresh Dairy-Free, 352
 Topping, Rhubarb–Strawberry Compote with, 167
- Soy sauce, 261, 323
 Soy Yogurt Smoothie, Fresh Nectarine–, 166
- Spices
 Middle Eastern, Winter Vegetable Stew with, 255–256
 storing, 177, 263
 using, 187
- Spinach
 Eggplant, Onion, and Chickpea Curry, 212–213
 Flatbread Pizzette, Garlicky, 334
 Gratin, Creamy Baby, 337–338
 in Mango Smoothie, Very Green, 163–164
 micro-steamed, 194, 212, 337
 –Red Onion Bed, Organic New York Strip Steak on, 72–73
 Salad with Blackberries and Navel Orange Segments, 65–66
 Scallion, and Artichoke Dip, Creamy, 194–195
 Scrambled Eggs, Organic, with Feta and, on Tomato Rounds, 81–82
 Turkey Burger Meatballs, –Stuffed, 48–49
- Spring menus, 36
- Spring Rolls, Duck and Kumquat Lettuce, with Spicy Hoisin Sauce, 50–51
- Sprouts, 365
- Squash. *See also* Zucchini
 Acorn, Micro-Roasted, 341–342
 Butternut, Orzo with Fresh Sage, 280–281
 in season, 365
- Stainless pots and pans, 12, 38
- Staple ingredients, 14
- Star Fruit
 Chicken Stir-Fry, Organic, with Pine Nuts, 232–233
 Chocolate Fudge Brownies with, 292–293
 in season, 365
- Steak
 canapés, from leftovers, 32
 New York Strip, Organic, on Fresh Spinach–Red Onion Bed, 72–73
 Philly-Style Cheese Steak with Extra Onions, 349–350
 portion size, 73
 Shell, Organic, Cranberry-Port Sauced, 236–237
- Stew, Winter Vegetable with Middle Eastern Spices, 255–256
- Stick-resistant pans, 12
- Stir-Fry
 Peanut-Pink Grapefruit Tofu, Thai, 271–272
 portion size, 272
 salad, leftovers in, 32
 sides with, 271
 Star Fruit Organic Chicken, with Pine Nuts, 232–233
- Stoneware baking dishes, 12, 337
- Storage containers, for leftovers, 20, 151
- Stoves. *See also* Ovens
 gas vs. electric, 38
- Strawberry(ies)
 Cocktail, Semisweet Chocolate–Dipped, 100
 Guacamole Studded with Fresh Strawberries, 118
 –Rhubarb Compote with Soy Frozen Dessert Topping, 167
 –Serrano Salsa, Sweet Onion Quesadilla with, 44–45
- Smoothie
 Cheesecake–Inspired, 99
 Fresh Dairy-Free, 352
 Triple Fruit, 238
- Submarine Wrap with Arugula and Vine-Ripened Tomato Salsa, 234–235
- Sugar, 29, 222, 342
- Sugar Snap Pea Tzatziki Sauce, 60
- Summer menus, 36
- Sundae, Fuji Apple, Hot, 243
- Sunflower Seeds, Bibb Salad with Beets, Goat Cheese and, 127–128
- “Sushi” (Sweet Potato–Cream Cheese Tortilla Roll-Up Bites, Spicy), 249–250
- Sustainable fisheries, 23–24, 28, 92, 301, 344
- Sweeteners, 265
- Sweet-n-Sour Savoy Cabbage, Golden Delicious, 222
- Sweet Potato(es)
 in Burgers, Skillet-Seared Organic Mini, with Radicchio, 183–184
 –Cream Cheese Tortilla Roll-Up Bites, Spicy, 249–250
 Skinny Fries with Rosemary, 181
 “Guacamole,” Root Veggie, 189–190
 micro-roasted, 68, 183, 189, 249
 peel/skin on, 189, 199
 in season, 365
 Soup, Earth-Style Pureed, 199
- Swiss Chard. *See* Chard
- Szechuan Green Bean Stir-Fry, 210–211

T

- Tabbouleh
 Salad with Meyer Lemon, 262
 Tuna, Tangy, 206–207
- Table setting, 35
- Tacos
 Soy, in Crisp Wonton Cups, Mini Mexican-Style, 297–298
 with turkey leftovers, 32
- Tangerines, 365
- Tarragon
 with Tuna Steaks, Honey-n-Grapefruit Pan-Seared, 283–284
 Turkey Salad, in Plum “Peel-Ups,” 110–111
- Tartare, Ahi Tuna, Seared, and Florida Avocado with Fresh Lime, 91–92

- Tea
Iced Black, Mango-Infused, 239
organic, 27–28, 239
Tea kettle, whistling, 129, 239
Teflon, 12
Temperature
cooking, 19, 184
refrigerator/freezer setting, 9
reheating, 31
Thai
Peanut–Pink Grapefruit Tofu
Stir-Fry, 271–272
Peanut Vinaigrette, Asian, 107
Tilapia, Spice-Rubbed, Cucumber
Salad, -Topped, 326–327
Toaster oven, 13, 39, 49, 159
Toasts
Almond Butter and Peach
Toastie, 132–133
Eggplant Bruschetta Entrée,
Mediterranean Skillet-
Roasted, 135–136
Poached Egg–Topped, with
Fresh Tomato-Basil Salsa,
140–141
Tofu
in Caesar Dressing, Creamy
Soy, Spinach Salad with, 323
Garlic-Ginger Salad with Veggie
Confetti, 122–123
Stir-Fry, Thai Peanut-Pink
Grapefruit, 271–272
in Veggie Burgers, Homemade,
269–270
Tomatillo
Guacamole, Layered Mexican
Dip with, 317–318
Salsa, Raw, 54
in season, 365
Tomato(es)
Bacon, Organic, and Lettuce
Sandwich, 160–161
Caprese Skewers (Cherry
Tomato, Bocconcini, and
Basil Picks), 178–179
Caprese Tomato Cups, Vine-
Ripened, 108
Cherry Tomato, Chard, and
Black Bean Salad with Spicy
Lime Vinaigrette, 201–202
in Chili, Spicy Bean and Turkey,
Pressure-Cooked, 228–229
as garnish, 109
Green Beans with, Pressure-
Cooked Lebanese, 220–221
Heirloom, and Cheese
Sourdough Sandwich,
Grilled, 214–215
locally grown, 108
Orange-Bulgur Stack with
Herbs, Almonds and,
209–210
processed products, 307
ripeness, 197, 312
Rounds, Scrambled Organic
Eggs with Spinach and Feta
on, 81–82
Salsa, -Basil, Fresh, Poached
Egg–Topped Toasts with,
140–141
Salsa, “Hot” Italian Vine-
Ripened, 235
Sauce
-Basil Simmering, Fresh,
311–312
Plum Tomato–Purple Plum,
Organic Meatballs in, 112–113
slow cooker, 324
in season, 365
seeding, 201
Soups, “Cream” of, Raw, 196
Tortilla(s)
Quesadilla, Sweet Onion, with
Strawberry-Serrano Salsa,
44–45
Roll-Up Bites, Sweet Potato-
Cream Cheese, Spicy,
249–250
Spiral Wraps, Grilled Chicken
and Feta, 304–305
Submarine Wrap with Arugula
and Vine-Ripened Tomato
Salsa, 234–235
Trees, environmental benefits of,
115
Truffles, Dark Chocolate–Fresh
Raspberry, 170
Tuna
canned, 207
eco-best, 92
Salad with Fava Beans, Lemon-
Zested, 128–129
Steaks, Honey-n-Grapefruit
Pan-Seared, with Tarragon,
283–284
Tabbouleh, Tangy, 206–207
Tartare, Seared Ahi, and Florida
Avocado with Fresh Lime,
91–92
Turbinado sugar, 29, 222, 342
Turkey
and Bean Chili, Spicy, Pressure-
Cooked, 228–229
Breast, Rosemary-Roasted
Organic, with Golden
Delicious Apple Gravy, 284
Burger Meatballs, Spinach-
Stuffed, 48–49
cooking temperature, 19
cutlets, 208
Meatloaves (Pâté), Mini
Roasted, 306–307
organic, 28
Salad, Curried Organic, with
Grapes in Lettuce Bowls,
208
Salad, Tarragon, in Plum “Peel-
Ups,” 110–111
tacos, 32
Tzatziki Sauce, Sugar Snap Pea,
60
- ## U
- U.S. Agriculture Department, or-
ganic label, 26
- ## V
- Valencia Orange Soy “Ice Cream,”
Fresh-Squeezed, 173
Vegetable(s). *See also specific
vegetables*
boiling, 85
Bowls, Very Veggie, with
Asian Peanut Vinaigrette,
106–107
cleaning, 258
Confetti, Veggie, Garlic-Ginger
Tofu Salad with, 122–123
Crudités, Shallot-Spiked Veggie
Dip for, 59
in ground meat dishes, 183
heirloom, 214
Hummus, Flaxseed, and Veggie
Sandwich, 330–331
leftovers, using, 30, 31, 87
organic, 23, 25, 29
overcooking, 145
Pasta Salad with Seasonal
Veggies and Red Wine
Vinaigrette, 325–326
peel/skin on, 89, 98, 189, 199,
255
and pesticide load, 223, 298
raw, 187, 201, 263
Root Veggie “Guacamole,”
189–190
seasonal, 17, 65, 190, 218, 326,
361–365
seedless, 107
skinny/thin cuts, 61, 88, 219

Vegetable(s) (*continued*)
 Stew, Winter, with Middle Eastern Spices, 255–256
 Vegetable oil, as alternative fuel, 180
 Veggie Burgers, Homemade, 269–270
 Veggie Chili, Eco-Brewed Beer and Two-Bean, 320–321
 Vertical farms, 66
 Vinaigrette
 Apricot, Goat Cheese Salad, Nut-Crusted, with Apricots and, 124
 Blood Orange, Blood Orange, Arugula and Maytag Blue Cheese Salad with, 267
 Champagne, Pink Grapefruit and Endive Salad with, 265
 Fig-Balsamic, Country Ham, Fig, and Arugula Salad with, 130–131
 Lemon, Fresh Fava Beans with, 85–86
 Lime, Spicy, Cherry Tomato, Chard, and Black Bean Salad with, 201–202
 Peanut, Asian, 107
 Red Wine, Pasta Salad with Seasonal Veggies and, 325–326
 Vodka
 -lemonade shots, mini, 97
 Martini, Key Lime, with Graham Cracker Rim, 164–165
 Martini, Mango, Fresh, 240

W

Walnuts
 Champagne Arugula Salad with Red Delicious Apples and, 204

Mixed Green Salad with Pears, Cranberries, Maple Dressing, and, 259–260

Water
 bottled, 18
 conservation, 10
 filtration, 278
 quality, 225
 Watercress
 as garnish, 67
 Salad with White French Salad Dressing, 67
 Salad with Winter Fruits, 258–259
 Soup, Chilled, 121–122
 Watermelon
 -Arugula Salad with Feta Cheese and Pine Nuts, 125–126
 rind bowls, 126
 Wax paper, 25, 331, 343
 White Bean “Bed,” Cool-n-Creamy, 314
 White Chocolate-Mascarpone Dip, Sliced Nectarines with, 101–102
 Wild Rice with Fresh Parsley, 339
 Wine
 cooking with, 197
 locally-produced, 198
 organic, 27, 29
 Red Wine Vinaigrette, Pasta Salad with Seasonal Veggies and, 325–326
 Sauvignon Blanc Mushroom-Onion Soup in Minutes, 197–198
 Winter menus, 37
 Wonton Cups, Crisp, Soy Tacos in, Mini Mexican-Style, 297–298
 Wrappers, edible, 15, 50
 Wraps
 Spiral, Grilled Chicken and Feta, 304–305

Submarine, with Arugula and Vine-Ripened Tomato Salsa, 234–235

Y

Yogurt
 in Broccoli Salad, Layered, 263–264
 in Chicken Curry, Pressure-Cooked, 345–346
 Smoothie, Soy-Yogurt–Fresh Nectarine, 166
 Tzatziki Sauce, Sugar Snap Pea, 60

Z

Zest, citrus, 56, 69, 97, 167, 191, 266, 267
 Zucchini
 Garlic, Julienne of, 145–146
 with Macaroni and Cheese, Three-Cheese Whole-Wheat, 150–151
 “Quiche,” Potato and, Crustless Earth-Style, 46–47
 “Sandwich,” Mini, Stuffed Panini-Grilled, 42–43